



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Release TUESDAY, APRIL 18, 1950

PUT MACKEREL ON THE MENU — FWS SUGGESTS

For a nutritious, rich-flavored fish, the Fish and Wildlife Service suggests Boston mackerel. Available in fillets or canned or as whole fish, the mackerel is considered by many to be one of the choice food fishes. Averaging about two pounds in weight, rich in fat, firm and dark-meated, it may be prepared in many different ways.

Every spring the mackerel migrate from the deeper waters off the Atlantic coast in two vast divisions — one arriving off the Chesapeake and Delaware bays in April, and the other coming inshore in the vicinity of southern New England in late May. Both groups move on up the coast in a northeasterly direction, and by late June or July have traveled around Cape Cod and into the Gulf of Maine. The first landings by the seine vessels for 1950 were at Cape May, New Jersey on April 11.

In September, the return migration begins from off the Nova Scotia coast where the mackerel have spent the summer feeding on the surface life of the coastal waters. Some of the returning mackerel are taken south of Cape Cod in December and January.

Mackerel swim in schools at the surface of the water, and generally are caught by purse seine vessels at night when their schools are easily visible by their reddish, phosphorescent glow.

Cookery experts of the Fish and Wildlife Service suggest preparing mackerel by any of the following methods:

Mackerel Baked in Spanish Sauce

2 pounds mackerel fillets	$\frac{1}{2}$ seeded green pepper, minced
4 tablespoons onion, chopped	1 bay leaf
3 tablespoons fat or salad oil	1 teaspoon salt
3 tablespoons flour	1 whole clove
2 cups canned tomatoes	$\frac{1}{2}$ teaspoon sugar
	Dash pepper

Cook onion in fat until tender. Add flour and blend; add all ingredients except fish and cook, stirring constantly until thickened. Remove bay leaf and clove. Arrange fillets in shallow baking dish and cover with sauce. Bake uncovered in a moderate oven 350° F. for 25 to 35 minutes or until fish flakes readily when tested with a fork. Serves 6.

Broiled Mackerel

3 lbs. mackerel	Dash pepper
1 teaspoon salt	2 tablespoons oil

Split the mackerel and remove the backbone. Wash carefully. Sprinkle both sides with salt and pepper. Place fish, skin side down, on a preheated, greased broiler pan about 2 inches from the heat. Brush with melted fat and broil 10-15 minutes or until fish flakes easily when tested with a fork. Remove carefully to platter, garnish and serve. Serves 6.

Mackerel Salad

1 15-oz. can of mackerel	2 tablespoons onion, chopped
1 cup celery, chopped	$\frac{1}{2}$ cup mayonnaise or salad dressing
2 tablespoons sweet pickle, chopped	3 hard cooked eggs Lettuce

Drain and flake mackerel. Combine all ingredients **except** the lettuce, being careful not to break fish in too small pieces. Serve on lettuce and garnish with egg. Serves 6.

Oven Fried Mackerel Fillets

2 pounds mackerel fillets	1 cup bread crumbs
1 tablespoon salt	4 tablespoons butter or other fat, melted
1 cup milk	

Cut fillets into serving-size portions. Add the salt to the milk and mix. Dip the fish in the milk and roll in crumbs; place in a well-greased baking pan. Pour melted fat over the fish. Place pan on shelf near the top of a very hot oven 500° F. and bake 10 to 12 minutes or until fish flakes easily when tested with a fork. Serve immediately on a hot platter, plain or with a sauce. Serves 6.

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